



New Maine Avenue Section of Anacostia Riverwalk Trail Opens

District residents now have improved walking and biking between festivities at the Tidal Basin and the neighborhoods, restaurants and marina in the Southwest Waterfront via a new Maine Avenue section of the Anacostia Riverwalk Trail.

The one-third-mile long section offers a new 14-foot wide multi-use paved trail along the south side of Maine Avenue, SW between the 14th Street Bridge and just east of 12th Street, SW in front of the Washington Fish Market.

Constructed between July 2011 and mid-March 2012, the new trail replaces a previously existing four-foot wide sidewalk and includes enhanced lighting, landscaping and ornamental fencing along the Washington Marina. Work also included resurfacing and reducing the width



of the adjacent roadway and installing new storm water management elements, curbs and gutters.

The District Department of Transportation and Office of the Deputy Mayor for Planning and Economic Development partnered in funding the \$2 million project using Payment In Lieu of Taxes, or PILOT, funds.

The Anacostia Riverwalk Trail is a key component of the District's progress toward creating a world-class waterfront via the Anacostia Waterfront Initiative. To date, 13 of the ultimate 20 miles of planned trail are open for use. Once complete the trail will allow seamless pedestrian and bicycle travel between the Tidal Basin and Bladensburg Marina Park in Maryland.

For more information about the trail or AWI, visit www.anacostiawaterfront.org

View of new Maine Ave Riverwalk Trail Section looking west from between Washington Fish Market and Marina Office. (DDOTDC photo)

Art They Want You to Touch

This temporary art installation outside of the Arena Stage at the Mead Center for American Theater is designed for interaction. The Cherry Blossom Cloud (A Yoja) by internationally renowned sculptor and installation artist Charles Juhasz-Alvarado is a large-scale temporary public sound sculpture in the shape of a xylophone, made from cherry wood — complete with drumsticks so passersby can play. The DC Commission of the Arts and Humanities commis-



sioned this along with 24 other works of art to be part of the National Cherry Blossom Festival and their "5x5" project. It will be on the Maine Avenue side of the theatre through April 27. For details about the three other Southwest installations that are part of this initiative, visit <http://www.the5x5project.com>.



The Men's Titanic Society toasts the brave men who gave their lives so that women and children might be saved.

Photo by Perry Klein

Volunteers Make Titanic100 Event Possible

By Cecille Chen

Hundreds of people descended upon Waterfront Park April 14 to remember those who perished in the sinking of the Titanic exactly 100 years ago. Judging by attendance, the event was a roaring success, and many attendees expressed great appreciation for the effort it took to organize a program that included large-scale projections and digital

exhibits of historic Titanic images, period music from 1912, 1517 luminaries to honor each of the lost souls, and a live performance of "Nearer My God To Thee," the last song played by the brave Titanic musicians as the ship went down.

Titanic100 was organized late last year by a group of Southwesterers who were fascinated by the Titanic Memorial and dedicated to improving our community.

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Momentum Builds for DC Velodrome

Several recent developments are providing momentum for the DC Velodrome planned for Southwest.

A Buzzard Point location was secured earlier this year by organizers seeking to build the race track for cyclists. The organization also has secured its tax-exempt status and hosted a kick-off dinner that brought together more than 70 enthusiasts.

"Our cycling members and sponsors in DC have been eagerly awaiting the arrival of a velodrome, and we couldn't be happier to be bringing it to them," said Rui Ponte, DC Velodrome President. "We now have the opportunity to inspire new fans, new riders — and sponsors — in DC, an area with such a powerful cycling culture."

As funds are raised, DC Velodrome plans to

prepare the site for installation on the south end of Akridge's nine-acre development at 100 V St. SW. The portable wooden track will then be brought to the property and assembled. Next, grandstands, lights and a public address system will be installed.

"We have a great advantage in starting-off with a portable cycling track. We're able to install and maintain it at a fraction of the cost of permanent velodrome structures," Ponte said. "The track is oval in shape with 48-degree banked turns, and measures 166 meters (544 feet) in circumference at the pole line (lower inside edge)."

DC Velodrome will stage professional and amateur races from July through the fall and offer a wide range of classes for children and

Continued on Page 4



Festival Lights Up the Southwest Waterfront

See Page 5



New at Waterfront Station!



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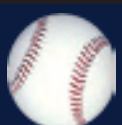
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Southwest Neighborhood Assembly Announcements

By Kael Anderson, President,
Southwest Neighborhood Assembly

Wellness Works! Healthy U Series

This June 2 event will feature a keynote presentation on "Taking Charge of Our Health: We Need a Revolution," by Dr. Marilyn Hughes Gaston (physician) and Dr. Gayle K. Porter (clinical psychologist), Co-Founders and Co-Directors, Gaston and Porter Health Improvement Center, Inc. The event will be interactive, with cooking demonstrations, samples and recipes. Simple techniques to reduce stress,

enjoyable physical activity and giveaways will also be featured. Free lunch and childcare will be provided. Sat., June 2, 10 am to 2:30 pm at Westminster Presbyterian Church, 400 Eye Street, SW.

The series will continue with additional workshops. Learn more and register at the Wellness Works! kick-off on June 2. Seating is limited. The following two-hour sessions focused on core areas of wellness are on Sat., June 9 (nourishment), Sat., June 16 (fitness) and Sat., June 23 (stress management).

Workshops are coordinated by Smith Center

for Healing and the Arts. The event is co-sponsored by the Southwest Neighborhood Assembly and the World Bank-International Monetary Fund Staff African American Association. Wellness Works! is funded by a grant from CareFirst Blue Cross/Blue Shield. For information or registration, contact Thelma Jones at tjones15@verizon.net or (202) 488-3746.

Petition

In partnership with Southwest community leaders, members of the Community Justice Project at Georgetown Law School and the Lombardi

Center's Office of Minority Health at Georgetown Medical School have been helping address the environmental concerns expressed by our community. In response to the prevailing concern of idling tour buses in Southwest, the students are spearheading an initiative to stop the illegal practice.

You can help by signing the petition calling on DC government to stop the idling buses and enforce the anti-idling law at <http://tinyurl.com/stopidlingbuses>

If you have any questions, leave a message or text the students at (202) 596-6204 or send an email to environmentaljusticedc@gmail.com

Kiwanis Club of Southwest Celebrates 10 Years

On the threshold of a changing Southwest community, the Kiwanis Club of Southwest Waterfront (SWWFK) is proud to be part of the transformation. In keeping with the national organization, the local club is one hundreds around the world motivated by the motto "A global organization, serving one community at a time."

Since its charter in August 2000, the SWWFK has partnered with several area schools, including Amidon, Barry and Savoy Elementary Schools. The chapter has contributed many hundreds of dollars in schools supplies, Christmas gifts and cash awards. The club's reach also extended to the Bowen Boy and Girls

Club before it relocated. The club has a partnership with the JJ Johnson Nursing Center and is proud to host memberships from neighbors other than Southwest. It supports fellowships with other Kiwanis Chapters throughout the Washington metropolitan community.

The SWWFK is always seeking new members. If you are interested in participating, this is an excellent opportunity to share with those in need. SWWFK meets from 6:30 pm until 7:30 pm on the first and third Monday of the month at Christ United Methodist Church, located on the corner of Fourth and G streets, SW. All are welcome.



Michael Ray of the Congressional Federal Credit Union presents a laptop computer to Kael Anderson, President of SWNA, with Perry Klein, chair of SWNA's Technology task force. The CFCU has donated 10 laptops and some flat-screen monitors to SWNA to help reduce the digital divide in our neighborhood. (Photo by Saadia Athias.)

From The Southwester Staff

(We're hoping to include this column in each month's issue to give our readers an idea of what's

going on behind the scenes at The Southwester. Here we'll welcome new volunteers and keep you up-to-date on the projects we undertake to give Southwest the best community newspaper we possibly can.)

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To contact the Southwest Neighborhood Assembly, Inc., please leave a message at 202-580-8188.

Eagle-eyed readers may have noticed some changes to the masthead in last month's issue of The Southwester. The staff is pleased to welcome several new volunteers, among them editor-in-chief James Duncan-Welke, business manager Brandon Burns, and layout editor Paul Heaton. There are a few additions to the masthead this month too: calendar editors Maya Hutchinson & Vandana Sareen, and web editor Anne Godlasky. Welcome and thank you!

Have you visited www.thesouthwester.com recently? We're currently working to update and redesign our website, and we hope to be posting even more content online in the near future, including stories that don't fit in the monthly print version of The Southwester and breaking news items that occur between monthly issues.

Are you interested in helping out? Just send an e-mail to editor@thesouthwester.com. Currently, we especially need people interested in copy-editing, freelance reporting and maintaining our online presence. The Southwester is 100% volunteer-run and we're always happy to see new volunteers.

We also welcome submissions of all kinds — photos from your events, news and announcements. The Southwester is the newspaper for and by the residents of this great part of D.C. We look forward to hearing from you!



From left to right: Amee Barnes, Taija Broadhurst, Tayron Moss, Michael Freeman, Jovon Poole, Sally Yu

Jefferson Middle School wins DCIAA Alpine Ski Championship at Ski Liberty, Pennsylvania

By Ulrich Levi-Goerlich

More than 40 students of Jefferson Middle School and Jefferson Academy participated in the District of Columbia Interscholastic Athletic Association (DCIAA) 2011/2012 Ski Program. They learned how to ski during 3 one-day ski trips to Ski Liberty in January and February.

On Tuesday, March 6, Jefferson Middle School won the DCIAA Alpine Ski Champion-

ship for Middle Schools at Ski Liberty, Pennsylvania. Seventh grader Sally Yu won the gold medal in the novice category. In the beginner race, Tayron Moss won gold, Amee Barnes took silver, and Taija Broadhurst won bronze. Congratulations!

The DCIAA skiing program was started in 1973 by the late Harold Plummer. This year the program was coordinated by volunteers, including Julia and Philip Faxio who have been with the program for 31 years.

ANC 6D Report

By B. K. Lunde

Andy Litsky, Chair of the Advisory Neighborhood Commission (ANC) of Near Southwest and part of Southeast DC, reported that the DC Zoning Commission would discuss the St. Matthew's Church development proposed for Delaware Avenue and M Street SW on April 30. The plan is for a Lutheran church and apartments to be built. The ANC commissioners previously voted to support the plan.

Julie Lawson, Communications and Campaigns Manager of the Anacostia Watershed Society, reported that Wednesday, April 25, is Paddle Night on the river. From 5-7:30 p.m., at the Anacostia Community Boathouse at 1900 M St. SE, boats will be provided for no fee. The Society will have staff, canoes and kayaks available for anyone who would like to paddle on the Anacostia.

The Nash Run Trash Cleanup is Saturday, April 28, from 9 a.m.-noon. It is near the intersection of Anacostia Avenue NE and Douglas Street NE. It was also noted that 170 species of different birds live near the Anacostia.

Chairman Litsky suggested that the commission write a letter supporting the application of Harbour Square to be designated as an historic landmark. The six commissioners present were in agreement. The Tiber Island development received the same support last year. Mr. Litsky mentioned the idea of creating an historic district of mid-century modern architecture.

Marty Wells, president of the Amidon-Bowen Elementary School PTA, asked the commission to write a letter to the mayor and chancellor to the DC schools requesting that the \$580,000, which has been cut from the Amidon-Bowen bud-

get for next year, be restored. The commission unanimously approved the letter. Amidon-Bowen will have \$5,000,000 in renovations next summer, including a new entrance, smart boards in each classroom, moving the school office closer to the main entrance, moving the play equipment to the front yard in sight of the street and creation of a soccer field.

Commissioner David Garber introduced about a dozen citizens of Southeast who attended the meeting to support the request for the ANC to endorse a letter opposing CSX's project to enlarge the Virginia Avenue railroad tunnel in general and, specifically, to construct an open trench to be in use for three years that would accommodate the trains while a new tunnel is being built. The trench would be right in front of some of their new homes.

Chairman Litsky moved to ask the city for enforcement of a ban on buses idling. Bus owners can be fined \$500 if they idle more than 3 minutes. He was unanimously supported.

Commissioner Craycraft requested support for three races in Southwest. The 2012 Nation's Triathlon will be Sept. 9, with swimming in the Potomac River. The 28th Army Ten-Miler will be Oct. 21. The 37th Marine Corps Marathon will be Oct. 28. The commission voted unanimously to support the races.

The next regular business meeting of ANC 6D is scheduled for Monday, May 14, at 7 p.m. in the DC Department of Consumer and Regulatory Affairs (DCRA) Hearing Room, 1100 Fourth St., SW, 2nd Floor. For additional information or a meeting agenda, visit www.anc6d.org.

Our Local Government Property Manager

By Kael Anderson, President,
Southwest Neighborhood Assembly

The Assembly often hears from Southwesterners concerned about the appearance of DC government properties including parks and schools. Historically the Departments of Parks and Recreation (DPR) and Public Schools (DCPS) were responsible for maintaining and improving their facilities.

In October 2011, D.C. transferred the construction and facilities management functions of DPR, Fire and Emergency Medical Services (FEMS), and the Metropolitan Police Department to the agency overseeing DC's aggressive public schools capital improvement program. The goal in this consolidation was to provide cost-effective, centralized facility management service in a new "Department of General Services" (DGS).

Effectively, DGS is an internal property management agency (or in for-profit parlance, a "business-to-business organization".) In practice, this has meant another administrative layer, a lot of unanswered questions, and a long learning curve.

For example, whenever a good or service is desired (or needed) at a recreation center, DPR passes the request to this separate department, which has its own priorities and processes. And because DGS has traditionally been focused on

schools, DGS has struggled to promptly or effectively respond to new types of demands. Unlike a school with relatively limited population and operating hours, a park needs to meet the needs of a range of age groups. FEMS and DPR facilities, including King-Greenleaf are designated emergency preparedness centers; an inoperable front door isn't just an inconvenience, but a major public safety issue.

With the guidance of DCPS and DPR respectively, DGS is implementing Amidon-Bowen's capital improvement program and a number of improvements at King-Greenleaf Recreation Center. In contrast, the disrepair at Randall Recreation Center and many other sites suggests that these facilities require on-site staffing or regular monitoring from agency representative to better ensure DGS properly maintains these facilities.

On March 29, Mayor Gray announced that Interim DGS Director Brian Hanlon will head the agency permanently. We look forward to this enabling a new era of efficiency and effectiveness as envisioned in last fall's reconstitution.

If you have any questions or comments, we invite you to contact DGS at dgs@dc.gov or D.C. Council Chair Kwame Brown, who chairs the Council's Committee of the Whole, which oversees DGS.

VELODROME

From p. 1

adults. The track can accommodate 12 to 24 cyclists at a time and hundreds of spectators standing around the track's outer railing, mingling with the cyclists on the infield, and seated in the grandstands.

"We want to encourage cycling on all levels. We'll offer free classes for children to learn the basics of riding safely and how to handle their bike in a special area off the track. We want to inspire a love of riding, good health and fitness, and even develop a few world-class athletes," said David Butterworth, DC Velodrome Vice President.

Track cycling is gaining in popularity, according to USA Cycling, the national governing body representing the sport of cycling with the UCI (Union Cycliste Internationale) and IOC (International Olympic Committee). There are currently 26 velodromes in operation in the

United States, but until now the closest one to DC was 170 miles away in Pennsylvania. With DC bicycle ridership outpacing most of the country, and growing anticipation for the London 2012 Summer Olympics, the DC Velodrome is expecting to draw many enthusiastic students and racers, and crowds of spectators.

"Our goal is to raise \$350,000 for the first and second year of operations. We offer great visibility for potential sponsors in a sport that stands noticeably apart from other 'stick and ball sports', but is actually a very high caliber player on the national, international, and Olympic sports scene," said Bryan Esposito, a DC Velodrome director. "We plan to offer sponsors everything from the arena naming rights to billboard displays that will get their company and products noticed by our fans and the DC, Maryland, and Virginia community at-large."

For more information, visit www.dcvlodrome.org.

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Thousands flocked to the Southwest Waterfront Fireworks Festival on April 7 for a day filled with entertainment, art, food and children’s activities, capped by a spectacular fireworks display.



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Literacy Night at Amidon-Bowen Library

On March 15, Amidon-Bowen had a Dr. Seuss-themed literacy night in the school library. The purpose of the event was to promote literacy and to celebrate the works of the beloved children's author. Over 100 students, parents, teachers and community members attended the event. "This was our best literacy night" said librarian and literacy night committee member Jessica Zeiler. "We had great attendance, and a wonderful theme."

Some of the literacy night activities included making Cat in the Hat style hats and Lorax mustaches, playing Dr. Seuss games on the library's iPads and Smartboard, acting out Dr. Seuss stories on the library stage, playing Dr. Seuss mad libs and of course reading books by Dr. Seuss. Students ate green eggs and ham quiche, truffula tree treats and other Seuss-themed foods.



The event was planned and organized by Amidon-Bowen staff, headed by the literacy night team of Kara Kuchemba, Margaret Bertke, Suzanne Edgar, Ruth Washington, Lindsay Young and Jessica Zeiler.

In Memoriam: Adele Sawicki

A memorial for Adele Sawicki was held at St. Dominic on March 24, 2012. Adele died at Thomas House in February.

Friends, including neighbors from River Park, St. Dominic parishioners and fellow volunteers from Arena Stage and Legal Counsel for the Elderly, shared memories of Adele at the reception following the mass.

A long-time resident in Southwest, Adele was a cheerful woman who wore a big smile and was always ready for fun.

Little is known of Adele's early life and

work career. She was originally from Massachusetts and worked for the Department of Defense. She served in Vietnam during the war. However, Adele's life as a volunteer is legendary and perhaps that is the best way to be remembered.

Giving Back in Southwest

By Adam Castle & Kierra Clark

On behalf of HandsOn Greater DC Cares, we would like to say hello to the residents of Southwest DC. HandsOn Greater DC Cares has been engaging DC residents in community volunteerism for over two decades and we have grown from a small nonprofit to become the largest mobilizer of volunteers in the greater DC area. Whether you refer to it as volunteering, giving back or serving, taking the time to provide a helping hand to your neighbors, friends, and co-workers is vital to a community's sustainability.

The Neighboring Now initiative exemplifies this by assisting DC residents in strengthening their own neighborhoods through volunteering. In the past three years, this initiative has expanded from its original neighborhood in Columbia Heights to include the Petworth, Eckington, Shaw, Ivy City, Trinidad, Ward 7 and Ward 8 communities.

By utilizing a range of resources already present within their community, neighborhood volunteers lead amazing programs, which currently

include monthly community clean ups, book clubs, GED/SAT tutoring, high school student service council and an enrichment program for middle school girls.

We are now excited to be bringing similar opportunities to the Southwest neighborhood!

King Greenleaf Recreation Center is in the center of a densely populated apartment and housing community. Its beautifully windowed gym, lighted outside courts and senior activity room are only part of what this facility has to offer. With a new site manager, Toni Plater-McBride, there are sure to be many new programs and a strong sense of pride emanating from this location.

Are you ready to get involved? King Greenleaf currently needs volunteers to assist with tutoring for GED & SAT preparation, reading circle for young children, Rose Buds for girls ages 6-12, Young Ladies on the Rise for girls ages 13-19 and Boys to Men for boys ages 7-16. To volunteer for these opportunities and to also bring your own idea to the neighborhood contact: Adam Castle (acastle@greaterdcares.org) or Kierra Clark (kclark@greaterdcares.org.)

Young Residents Organize K Street Cookout

By Andre Wilkinson

For Easter Sunday 2012, a few young residents from K Street SW came together and held a cookout. They figured a lot of families in the area would not have plans, so they arranged a day of fun right on the K Street Court. Free food and drinks were available for everyone. For entertainment, there were 2 moon-bounces, an Easter egg hunt, raffle



Helping out were, (left to right) Matt, Blocka, Bob, Meatball, Devin, Dre, and Mike. At the bottom: B-Luv. Helpers not pictured were Eric and Pee-Wee.

tickets, prizes and an appearance by the Easter Bunny. There was also a live local DJ for everyone to enjoy good music.

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TITANIC

From p. 1

J Nickerson of the Gangplank Marina and the Washington Waterfront Association (WWA) came up with the idea of projecting large-scale images onto the façade of one of the condo buildings facing the Washington Channel.

The Titanic100 group brainstormed about ways to activate Waterfront Park. Barbara Ehrlich of the WWA took charge of the music programming, a task that drew upon her connections in the music world through her husband, classical music aficionado David Ehrlich of the Southwest Chamber Players. Together with the Rev. Brian Hamilton, who organizes Jazz and Blues Nights at Westminster Presbyterian Church, they gathered a trio of young brass musicians from Howard University to perform the last song played on the Titanic.

While the projections required the darkness of nightfall to be fully appreciated, we wanted to light up the waterfront promenade in a symbolic way to remember those who died on Titanic. We hit upon the idea of luminaries—lanterns made



Photo by Perry Klein

Four computers were set up under a tent, displaying four different slide shows.

from paper bags weighted down by sand and lit from within with a tealight—as a way of representing each person who went down with the ship. Yours truly downloaded a list of Titanic victims from the internet so that we could label each of the 1517 bags with the name of a person who perished in the tragedy.

At this point, we had obtained financial commitments from Gangplank Marina, the Humanities Council of Washington DC, the Southwest Neighborhood Assembly (SWNA), and the Washington Waterfront Association, but we were still a long way off from making this idea a reality. Faced with the significant cost of planning an event worthy of Titanic, Kael Anderson of SWNA tirelessly reached out to various SW organizations and residential associations to drum up support and raise funds to pay for the ambitious program.

The Friends of Southwest DC, led by Coralie

Farlee, answered the call with a generous donation that made it possible for us to hire a projection company with the equipment necessary to project the large-scale images called for by our Titanic-sized event concept. As well, members of the Fourth Street Neighborhood Group helped to spread the word, and we received additional donations from Edgewater Condominium, Harbour Square, Hoffman-Madison Waterfront, Riverside Condominium, and Tiber Island Cooperative Homes. We were gratified to know that our gracious sponsors shared our vision and enthusiasm for Titanic100.

Jane Boorman of Riverside Condominium convinced the Riverside residents to sign on to our madcap scheme to project images onto the façade of their building. Riverside Condo's north tower was ideally situated near the Titanic Memorial, and its spacious, grassy lawn would be the perfect vantage point for spectators. Riverside manager Mark Herlong patiently fielded our questions about logistics and power sources. Rick Bardach of Harbour Square promised lawn chairs so that attendees could sit comfortably.

With April 14 fast approaching, the herculean task of producing 1517 luminaries was taken up by a group of dedicated volunteers including Karen Anderson (Gangplank Slipholders Association), Alice Baker and Susie Humphreys (Tiber Island Condominium) and Ken LaCruise (SWNA). Lida Churchville, the former chair of SWNA's History Task Force, was a steadfast source of inspiration, providing the group with Titanic-related source materials and making sure that our volunteers were energized with delicious refreshments.

Andy Litsky (ANC6D04) coordinated a media campaign that drew news coverage from CNN, NBC, WJLA and WUSA. Our social media guru Jason Kopp (Gangplank Slipholders Association) made sure that the blogosphere was buzzing with anticipation for Titanic100.

Ten thousand promotional flyers were printed and distributed by volunteers in the days leading up to the event. Perry Klein of The Southwester graciously gave us space for a promotional ad designed by yours truly and Southwester Editor-in-Chief James Duncan-Welke patiently dealt with last-minute revisions. The Southwester also featured an article by J Nickerson on the fascinating history of the Titanic Memorial and its designer, Gertrude Vanderbilt Whitney. The article is available on Titanic100's website at www.swdcheritage.org/titanic100.

Rik Kaplan of Riverside Condominium gener-



Photo by Perry Klein

Pamela Wilson poses with the two Fireboats that put on a demonstration, the John H. Glenn and Fireboat #2.

ously donated the use of his PA equipment, and volunteered to act as sound engineer throughout the event.

On the day of the event, Dock Master Jeremy Heckler led a team of Gangplank Marina staff including Sam White, Choutte Kelly and Warren Pringle in filling the luminary bags with sand.

Having assembled 217 images, we realized that we needed an alternative way to display them before the skies darkened. Perry Klein and I cobbled together enough computers and monitors to create an exhibit. Jo Chang of SWNA helped us wrangle the cables and arrange the tablecloths to hide the hardware.

Among the many stories that emerged from the crowd:

■ A young man approached me and said he was a descendant of Gerald Horrigan, the sculptor of the Titanic Memorial. He was very happy to see the recognition given to the statue carved by his ancestor.

■ David Ehrlich was searching for the luminary of Francis Davis Millet, a Washingtonian and a renowned artist, who was the grandfather of David's beloved schoolmaster at the Milton Academy. By pure coincidence, David met a couple also searching for the Millet luminary and together found it.

■ Tiber Island resident Peggy Gilgannon, whose Great-Grand Uncle had perished in the sinking, searched relentlessly for the luminary with his name. At the conclusion of the event, with Thomas Kilgannon's luminary in hand and tears in her eyes, and said she felt she was bringing him home.

The projected images included 65 images of Titanic's crew and passengers. One hundred years have passed, and yet we remain captivated by the tales of heroism that have been handed down through generations. Forever etched into our collective consciousness are the stories of men who

stood aside so that women and children could be saved; of a father who selflessly put his two young sons in a lifeboat, knowing he would never see them again; of a woman who refused to leave her husband's side, even though it meant certain death; of the brave musicians who kept playing till the very end to comfort those who stayed behind on the doomed ship.

The sinking of the Titanic was the 9/11 of its day.

Finally the graceful lines of the Titanic Memorial come to light. It was erected in 1931 as a memorial to "Those Brave Men" who died so that women and children could survive. That night at Waterfront Park, we remembered all who died in the most epic disaster in maritime history.

At 9:15 pm, a signal is given, and the sound of bagpipes fill the air. Jonathon Neal on trumpet, Christopher Steele on trombone, and Jared Bailey on trumpet, all dressed in black, solemnly take their places at the foot of the Titanic Memorial. In harmony, they launch into the elegiac "Nearer My God To Thee." It is a performance filled with dignity and grace, and a certain heaviness hangs in the air. After the fourth verse, one musician steps away and walks off stage. Another verse, and another musician steps away. The last trumpeter carries on the plaintive tune, then falters, leaving



Photo by Perry Klein

Luminaries were placed in nearly 1,500 white bags, each one containing a name of one of those lost in the sinking of the Titanic.

the song unfinished, then silence.

On the PA system, Rik Kaplan cued an audio recording of "The Convergence of the Twain," a poem by Thomas Hardy.

Titanic100 was an extraordinary event that would not have been possible without the Southwest community's support and the tireless efforts of our volunteers. I have lived in three different Washington neighborhoods in the last 15 years, and never have I seen a community come together so enthusiastically in support of a local project as we did here in Southwest DC

In certain circles, Southwest DC is known as The Little Quadrant That Could. After that night at Waterfront Park, I think we can safely say that we are The Little Quadrant That Did It!

Highlights of the Monthly PSA 105 Meeting

Participants: Lt Gallucci and Sgt. Architzel, PSA 105; Naomi Monk and Irv Gamza, PSA 105 meeting coordinators/facilitators; ANC Commissioner Andy Litsky; Officer Chasten, Public Housing Police (PHP).

1. Lt. Gallucci reviewed the crime statistics for PSA 105 for the last 30 days (-33% overall) and year-to-date (-9%). He cited examples of police work such as the arrest of a single robbery suspect that resulted in a significant decrease in robbery incidents for the last 30 days; also an individual alleged to have vandalized townhomes along G St. SW that is being monitored as a potential suspect in local burglaries. Officer Chasten, PHP, reported a drug-related arrest at Greenleaf Seniors Building and increased internal security in response to complaints from

resident seniors.

2. In response to audience questions, the following was discussed:

■ Reactivation of the juvenile unit in PSA 105 has produced dividends in reducing juvenile-related crime; Lt. Gallucci reported that he has met with the Principal at Amidon-Bowen School regarding conflicts between school-age children and older teenagers and adults who want to use the basketball courts; also police are investigating reported marijuana use after hours at Amidon-Bowen; and curfew and school truant enforcement units are separate from routine police patrols in PSA 105;

■ Commander Hickson of the First Police district is arranging for temporary added police support for events in SW including the Cherry

Next Meeting: No PSA 105 meeting for April 2012 due to MPD commitments at the World Bank/IMF. May 17, 2012, 7-8:30 P.M., Syphax Village Condominium, Community Room, 1322 Half St. SW.

Blossom Festival, fireworks events and road races;

■ Traffic enforcement at 4th and M St. SW (illegal left turns onto M St. and violation of the right turn signal from M St. onto 4th St.) is ongoing; traffic tickets are being issued;

■ An MPD sting of "fencing" operations of stolen electronic devices has been very successful; a stolen property registry is located on the MPD website that should be consulted by

affected citizens;

■ When locking up your bike, you should remove the bike seat to discourage theft; also never leave any property in your car that can be seen;

■ A Harbour Square resident recommend that condo/coop/apartment managers and Boards of Directors should educate residents about ways of securing bikes to avoid theft, the risks of theft when walking with electronic devices and the danger of "jay-walking" at 4th and M St. SW;

■ To receive up-to-the-minute crime reports for the First Police District including PSA 105, send an e-mail to mpd-1d-subscribe@yahoo.com and ask to be approved to subscribe to mpd-1-d@yahoo.com.

Dale MacIver and The Southwester: A Long, Proud History

By Paul Heaton

Dale MacIver's "temporary" assignment in the summer of 1978 ended up being anything but temporary.

MacIver at the time was working on Capitol Hill for Minnesota Congressman Don Fraser, whose daughter was editing The Southwester. When Fraser's daughter wanted to go away for the summer, Fraser asked MacIver to fill in.

MacIver never left, and ended up leading the paper for most of the next 33 years — even after moving from Southwest a few years ago. He is now Editor Emeritus, having helped guide the paper for more than two-thirds of its history.

Newspapers weren't new to MacIver, who got his first taste of journalism in junior high school. In college he became editor of the Duluth Collegian in 1941.

A business and law degree took his career path away from newspapers, but he kept dabbling in various forms of publications throughout his career.

A point of pride for his time with the Southwester was the involvement of youth in the newspaper.

He saw the newspaper through the transition from production on typewriter to computers, but little about the content has changed, he says. He always focused on the people of Southwest, with an emphasis on covering youth sports.

Why devote so much time — unpaid — to producing a neighborhood newspaper? He tells a story about one of the young men who he got



Dale MacIver in The Southwester office.

involved in The Southwester, and how the student later expressed his appreciation. "I don't do anything that I didn't learn in Sunday school," he says. "Obviously, the kids give a lot back to you, and the parents are very appreciative."

MacIver, who recently turned 89, remains in the publishing business, producing the "Twitter at Ingleside at Rock Creek," where he now lives.

Despite recent redevelopment, he sees little change in what makes Southwest special. "Everybody rubs elbows at the Safeway and aren't scared of each other," he says. "Parents support the programs the kids are in at the rec center and the schools. The area is very stable."

He concludes, with a polite request to keep the story about him short, "The people, qualities and character of the area haven't changed."

Major Renovations Planned for Amidon-Bowen

By Meg Brinckman

The April 10 meeting of the Amidon-Bowen Elementary School PTA, led by Marty Wells and Principal Izabela Miller, gave the community a first glimpse at the \$5 million project that will start as soon as students and teachers clear the building this June.

Joseph Sullivan, from the DC Office of Public Education Facilities Modernization, now under the Division of General Services, explained the complete modernization of Amidon-Bowen would happen in three phases: Interior, Exterior and Mechanical, starting this summer. No date for the completion of the second and third phases was provided, but they will be completed within ten years. The District plans to start the modernization of all schools in the next five years.

Jefferson Middle School is scheduled to begin modernization in 2013-14.

Daniel Curry, the architect from Quinn Evans Architects, showed drawings of the project. This summer, Phase I will focus on the classrooms, hallways and administrative offices. This will include new furniture, lighting and sound abatement, as well as the removal of the "window air conditioners" and an installation of modern energy efficient heating/air conditioning units with individual controls in every room. It was also mentioned that the name on the building would be changed to read "Amidon-Bowen Elementary School."

It was noted the School Library received a makeover in 2011 thanks to Target Stores and Heart of America Foundation.

The administrative offices, now down a long hallway from the front entrance, will be moved front and center. The entrance will be transformed into an attractive "Welcome Center" with an ADA accessible ramp available to all who enter. Landscaping changes around the entrance on Eye Street will feature natural plantings and

use of rainwater to maintain them. A new circulation pattern from the central area to the playground and Cafetorium will eliminate the necessity of children passing by classrooms where students are working.

The present classrooms at Amidon-Bowen are smaller than current standards for elementary classrooms. As a result, the space used by three classrooms will be converted into two separate rooms with technology built in, flexible furniture, ergonomically designed for each grade level, new acoustic ceilings, flexible lighting and new flooring. The current pattern of class location will be largely unchanged, with lower grades on the first floor, upper grades on the second floor.

The school will be organized into "neighborhoods," by color and special graphics to identify each. Colors have been carefully selected to enhance the learning environment. Hallways and classrooms will provide ample room for student work to be displayed. Parents, grandparents and visitors will be able to see what is being studied in the classrooms from the hall.

The technology provided will change with the needs of each grade level. Upper grades will have integrated technology walls. There will be five computers in every classroom as well as a complete computer lab big enough to instruct a whole class.

All the restrooms will be modernized. Pre-K and kindergarten rooms will have their own modern restrooms sized for them as they do now. The music and art rooms will also be upgraded.

Upgrades to gyms, auditoriums and kitchens are deferred to Phase II.

Although there is an elevator shaft in the building to allow ADA access to the second floor, installation of an elevator is not planned this summer. Phase III addresses the mechanical, electrical and other "behind the wall" systems, such as increasing the school's electrical capacity.

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Commentary

School Reform in Southwest Washington

By Eve Brooks

The quality of neighborhood schools continues to be a special concern of community groups in Southwest DC, particularly the Amidon-Bowen PTA, the Advisory Neighborhood Commission 6D (ANC) and the Community Benefits Coordinating Council (CBCC).

Many residents recognize that the performance of schools has much to do with attracting and holding families in Southwest.

But according to a recent study by the Chicago-based research firm “IFE,” almost half of the 916 Southwest children in Kindergarten through 12th grade attend public schools or charter schools that are *outside* of Southwest. The IFF report, “Quality Schools: Every Child, Every School, Every Neighborhood — An Analysis of School Location and Performance in Washington, DC,” provides a detailed analysis of school demographics in Southwest and the rest of the city.

According to the study, Amidon-Bowen Elementary School and Jefferson Middle School, the two public schools that serve Southwest’s children, are in the two lowest performing tiers of the study’s four-tier system. Amidon-Bowen ranked in Tier 4 — schools recommended for closure or restructuring. Jefferson Middle School, now in its next to last year, is Tier Three.

Amidon Elementary, once an economically and racially integrated school, merged with Bowen Elementary School four years ago. It has been characterized in recent years by alarmingly low academic scores, turnover of principals and a failure to attract the area’s middle class residents. With only 17 percent of its 272 students testing as proficient in reading and math in the 2010-11 school year, it must be said that the school has failed to

meet the challenge of educating its students.

The children who attend are simply not learning what they need to learn for current and future success.

Parents Make the Difference

Efforts of Southwest and Capitol Hill parents were instrumental in bringing about significant change at Jefferson Middle. A year of careful collaborative planning involving parents from Southwest and Capitol Hill, along with DC Public Schools central office staff, resulted in the decision to phase out Jefferson Middle School and open a new Jefferson Academy Middle School in its place.

The new Jefferson Academy, opened in fall 2011, is on track to qualify for recognition as an International Baccalaureate School within a few years. It began this year with a 96-student, 6th grade class with students from throughout the City. Principal Natalie Gordon provides strong leadership. The school will expand in the coming years to a full student body of 450 6th through 8th graders and is making steady progress in attracting strong not-for-profit partners. As the Jefferson IB Academy grows, Jefferson Middle School will be phased out in 2013.

Despite its problems, schools like Amidon-Bowen can be turned around, as is evidenced by the success stories at schools serving similar populations in Washington. Often efforts to reform a neighborhood school start with an affirmative decision by activist parents of preschoolers to place their children in that school instead of sending them elsewhere. Creating a quality preschool can attract new populations and build momentum for the rest of the school. When a majority of students enter kindergarten ready to read, over time the academic performance of the

whole school improves.

Southwest Community Advocacy for Reform

In 2011 the Near SE/SW Parents and Neighbors for Education Excellence Now! asked District of Columbia Public Schools (DCPS) Chancellor Kaya Henderson to take steps to improve Amidon-Bowen by reconstituting it, and involving the community in change.

In May 2011, Henderson targeted Amidon-Bowen for Reconstitution. That led to hiring of new staff and appointment of a new principal, Izabella Miller. DCPS added two classes of Tools of the Mind, an early childhood program based upon encouraging self-regulation, for the 2011-12 year. Simultaneously, \$700,000 was cut from the school’s budget.

According to Principal Miller, whose new staff includes many enthusiastic first-year teachers, early results are encouraging. She reports that on pre-tests, prior to the DC CAS, the students are performing above last year’s abysmal CAS scores. She and the faculty are also pleased that the Tools of the Mind classes are doing well, with many children beginning to read. The Tools of the Mind Program has a large waiting list.

Parent involvement is a high priority with the school administration. Miller and top managers make home visits to establish relationships with parents and promote enrollment. Parents attend coffees with the principal and have commented on the improved behavior of children at the school.

DCPS is exploring how it might partner with the AppleTree Early Learning Public Charter School, with an exceptional research based early reading program, which has two classrooms in the Amidon-Bowen building, and two others at Riverside Baptist Church. Together, the Apple-

Tree and Tools of the Mind classrooms could provide enough strong preschool slots for all children in Southwest, provided parents apply in time so that the seats are not offered to children from other neighborhoods, and the lottery-based seats for AppleTree go to children from the neighborhood first.

Some Losses

Unfortunately, recent gains are mitigated by cuts in Amidon-Bowen’s budget so severe that this April the ANC protested to the Mayor and Chancellor. For school year 2012-13 the proposed budget is \$2,878,878, a reduction of \$586,601. This reduction, when added to the \$700,000 cut in the school’s current budget, severely diminishes the school’s ability to improve. If more budget reductions go through, the school will lose five of the nine teachers’ aides, a full-time school counselor, a special education coordinator, three general education classroom teachers, one of three special education teachers and one administrative person. Tools of the Mind also will expand at a slower pace than planned.

Amidon-Bowen is key to revitalization efforts in Southwest. Although many of the parents active in last year’s Education Excellence Now! effort became understandably discouraged by the cuts, the Amidon-Bowen PTA, the ANC, the Community Benefits Coordinating Council and others are committed to working together to fight the proposed budget reductions and stem the loss of enrollment and families to other areas.

Those interested in joining this effort should contact Rev. Ruth Hamilton, Chair, CBCC, rwh@westminsterdc.org, or Eve Brooks, Chair, CBCC Committee on Education and Enrichment, evebrooks@gmail.com.

MAY

WED. 2, 7 P.M. Art & Spirit, Piano Four Hands, Lou Ivey and Mark Conrad. Evening of music for piano featuring Mozart, Rachmaninoff and PDQ Bach. St. Augustine’s Episcopal Church, 600 M Street SW. Beverages and desserts are served. Donations Accepted 202-554-3222 or staugustinesdc.org

THURS. 3, 8 A.M.-9:30 A.M. Tommy Wells office hours, Channel Inn Café, 7th & Water Streets SW

SAT. 5, 10:00 A.M., Washington DC CROP Hunger Walk, beginning at Christ United Methodist Church at 4th & I Sts SW. Donations benefit community-based nonprofit agencies like Martha’s Table, DC Hunger Solutions, an advocacy group and the Church World Service, an international relief and development organization. Contact: LeVatrice Nora-Meuillion at Inorameuillion@gmail.com.

SAT. 12, 8:00 A.M. Bright Beginnings 5K, Hains Point, for more information, www.active.com/running/washington-dc/bright-beginnings-5k-race-2012

MON. 14, 7 P.M.-10 P.M. ANC 6D monthly business meeting, 1100 4th St. SW, DCRA Meeting Room, 2nd Floor.

WED. 16, 6:30 P.M.-7:30 P.M. ACS Breast Cancer Support Group, RSVP required, tjones15@verizon.net or 202-488-3746

WED. 16, 6:30 P.M.-7:30 P.M. Open Mike Poetry at SW Library, 400 Wesley Place SW

SAT. 19, 12 NOON Annual Flag Raising and Blessing of the Fleet, 7th Street Landing on the

Community Calendar

View our on-line calendar at www.swdc.org/calendar.

SouthWest Waterfront. Watch a parade of boats and traditional flag raising to celebrate the start of the Boating season in the waters around the nations’ capital. FREE and open to the public, For more information, call Chet Rhodes 202-630-2438 .

SAT. 26, 1:00 P.M.-2:00 P.M. Kitchen Table Book Discussion. Copies of May title “Silent Spring’ by Rachel Carson are available for checkout at the SW Library, 400 Wesley Place SW.

WEEKLY, BIWEEKLY

AARP-SOUTHWEST WATERFRONT CHAPTER 4751, Third Wednesday of each month, except June, July and August, River Park Mutual Homes community room, 1311 Delaware Ave., SW. For further information, contact Chapter President Evelyn Dorsey, Dorseydear@aol.com or 202-488-9685.

AMERICAN SIGN LANGUAGE (ASL), SOUTHWEST LIBRARY, 7:00 p.m.-8:00 p.m., Wednesdays. Ends May 30. Southwest Library, 900 Wesley Place SW. FREE

BLUES MONDAYS, 6 P.M.- 9 P.M., Westminster Presbyterian Church, 400 I Street SW, Various Blues musicians and singers featured each Monday. \$5. Food for sale.

COMPUTER CLASSES, SW Library, 900 Wesley Pl. SW, Thursday 10 a.m.-12 noon, 202-724-4752

THURS. 3 Microsoft Word

THURS. 10 Microsoft Excel

THURS. 17 Microsoft PowerPoint

THURS. 24 Introduction to PCs

THURS. 31 Introduction to the Internet

FREE SAT AND GENERAL SUBJECT TUTORING, every Tuesday, 6:30 p.m.-7:30 p.m. King Greenleaf Recreation Center, 201 N Street SW. HandsOn Greater DC Cares , Adam Castle 202-777-4448

HAND DANCING CLASSES, Jitterbug, Lindy Hop, Saturdays, 12 p.m.-2 p.m. Classes by Markus Smith of Swing Anatomy Dance. \$10/class for adults, \$5/class for children 8-17. Christ United Methodist Church, 900 Fourth Street SW, Community room off Wesley Place, SW.

JAZZ NIGHT IN SW, Fridays, 6 p.m.-9 p.m. Westminster Presbyterian Church, 400 I Street SW, Various Jazz musicians and singers featured each Friday. \$5. Food for sale.

THE KIWANIS CLUB OF SOUTHWEST WATERFRONT, Christ United Methodist Church, 900 Fourth Street SW, every first and third Monday from 6:30 p.m.-7:30 p.m.

WELLNESS WEDNESDAYS, Westminster Presbyterian Church, 400 I Street SW, 4 p.m. Seated Yoga and Healing Sessions (Pamela Wilson and Riva Wine). 5 p.m. Tai Chi (Manifest Ra). 5:30 p.m. Laughter Yoga (Claire Trivedi). 6:45 p.m. Sampoorna Yoga (Alex Rosen). 7 p.m. Narcotics Anonymous SW Free-Way Meeting

WEDNESDAY EVENING CHESS, 6:30pm-8:30pm, SW Library, 900 Wesley Place SW

POLICE SERVICE AREA 105, Community meeting, every Third Thursdays, 7 p.m.-8 p.m., Location announced at previous meeting

POLICE SERVICE AREA 106, Community meeting , every Fourth Saturday, 10 a.m.-11 a.m., PSA Community room, 900 5th Street S.E.

SOUTHWEST RENEWAL AA, Alcoholics Anonymous group, Mondays, 8:30 p.m.-9:30 p.m. St. Augustine’s Church, 600 M Street SW, (202) 554-3222

SOUTHWEST SEWING GROUP, Mondays, 9:30 a.m.-2:30 p.m., St. Augustine’s Church, 600 M Street SW, Contact Mary Henderson at (301) 336-9058. Open to all interested in working on their own sewing projects and/or machine sewing skills. Mondays, except June, July and August.

SW FREEWAY, NA, Narcotics Anonymous group, Wednesdays, 7 p.m.-8 p.m., Westminster Presbyterian Church, 400 I Street SW

TAI CHI CLASS, 12 p.m.-1 p.m., Thursdays, (April-May), 8 Week course, fee \$80. Contact: Brenda Coley, (410) 693-6978; email: coleyscritters@aol.com

WASHINGTON STAMP COLLECTOR’S CLUB, 7 p.m.-9 p.m. First and Third Wednesday each month. Buy, trade and sell stamps Refreshments, auctions and programs. Christ United Methodist Church, 900 Fourth Street SW, 202-291-6229

YOGA CLASS, 12 p.m.-1 p.m., Tuesdays, St. Augustine’s Episcopal Church, 600 M Street SW, \$10 per class with Kelly Anne. Contact: kellymelled@gmail.com

ZUMBA GOLD, 11 a.m.-noon. Fridays, Low-impact exercise/dance class for seniors, at King Greenleaf Recreation Center, 201 N Street SW.



Nationals Host D.C. Schools for Practice

This past April, players from Jefferson Middle School's baseball team hosted an afternoon practice at Nationals Park as part of the D.C. High School Initiative. Though the program primarily targets local high

schools, Jefferson's team was invited to represent the Southwest and Near-Southeast neighborhoods surrounding the ballpark. Members of the team were also invited to participate in the pregame festivities as part of the Starting Nine during Neighborhood Night on April 19.

For the fourth consecutive year, the Nationals will invite each District of Columbia Public High School baseball team to host one two-hour practice on the field at Nationals Park before the end of the school year. The team will also host D.C. High School Night on Tuesday, June 5, so that students and faculty at all District of Columbia Public High Schools can enjoy a night at the ballpark.



Nationals Park Offers New Fan Amenities

Beyond the excitement on the field, Nationals fans can look forward to a variety of new entertainment features in and around Nationals Park.

Fans may notice changes before even entering Nationals Park, as newly installed automated turnstiles at Center Field Plaza will welcome visitors and offer self-scanning capabilities that allow quicker movement through the ballpark's main entrance. These machines will be able to scan all kinds of tickets, including digital Tickets@Phone "tickets", Print@Home tickets and tickets purchased at the box office.

Once inside, fans can check out stellar views of the beautiful newly renovated field as they move along the concourse. During the offseason, the field underwent the first renovation since the ballpark opened in 2008.

Also new to the ballpark are plenty of creative and unique food options. In the Red Porch, the ballpark's full service restaurant, new offerings will include the Red Porch Jumbo Chicken Wings, NAT-chos, Smokehouse Brisket Chili, Crispy Southern Fried Pickles, Extreme Smothered Tater Tots, and for dessert, the Apple Pie Skillet and Chocolate Chip Cookie Skillet Sundae.

Up at the Miller Lite Scoreboard Walk, visitors can choose from a wide variety of new offerings from the Union Square eateries. New dishes include the Buffalo and BLT Hot Dogs and Individual Fried Pies at Box Frites; Barbacoa or Vegetarian folded Quesadillas and Churros at El Verano Taqueria; and the Fried Chicken Sandwich from Blue Smoke.

Fans can also enjoy a number of unique

Discount Tickets for Southwest residents

Residents of the Southwest and Near-Southeast neighborhoods are eligible to purchase Nationals tickets at discounted prices all season. For more information about neighborhood discounts visit www.nationals.com/neighborhood.

options at the Taste of the Majors stands in sections 117 and 313, which will offer a special dish from the city of each visiting opponent when they play at Nationals Park. From the San Diego Fish Taco Platter (Padres) to the Milwaukee Beer Brat Platter (Brewers), each of these specialty items will be sold as a limited time offer, available only when the Nationals play that opponent.

In an effort to keep Nationals games an affordable experience, two enhanced ticket offers were introduced this season: the Beltway Burger Pack, which allows fans to purchase a ticket, burger, fries and a Coca-Cola/Dasani beverage for \$20 (\$22 for Prime games) every Thursday and Friday; and the Miller Lite Party Night Online Bonus Offer, which includes two drink vouchers (redeemable at the Miller Lite Scoreboard Walk bar) and a Scoreboard Pavilion Loaded Value ticket for \$25 (\$27 for Prime games) on Thursday, Friday and Saturday. This offer is only available online at www.nationals.com/party.

Notes on the Nats: Getting the Beast Back Healthy

By Zev Feder

Nats slugging clean-up hitter Michael Morse has been shut down until about June after, reportedly, re-injuring his partially healed "lat" muscle. In short, he can swing a bat but he can't throw without pain in the latissimus dorsi, the large muscle along his side and back.

I asked my long-time sports injury specialist, Steven Horwitz, D.C., a renowned local chiropractor, body builder and trainer, who is highly experienced working with world-class athletes and teams, to offer a quick impression. He agreed, despite the usual reservations doctors have of giving opinions without hands-on opportunity. Below is his response.

Dr. Horwitz: After reading about the injury sustained by Michael Morse, here are some thoughts about how to diagnose, treat and rehabilitate.

First, a proper diagnosis must be made. The location of the pain is not necessarily the area of injury. By careful examination and palpation of the muscles in his neck, shoulders, middle back, lower back, buttocks, abdominal muscles, or even his calves while he is in different positions, adhesions or scar tissue may be felt, which would indicate injury. In addition, by looking at the way Michael moves, the area of the injury which is causing his pain can be located.

Once that is done, many treatment options are available. Active Release Technique, Graston Technique, and Dry Needling are all methods which can be used to break up adhesions. In addition, cold laser can be used to speed healing and decrease pain. Proper nutritional support is always a must in helping these injuries heal and also for day to day recovery. Carefully chosen corrective exercises are then given to restore proper movement patterns.

Most important is what happens once he is "healed" and returns to play. Regular supportive care must be done to prevent recurrence. This is where communication between strength and conditioning coach, athletic trainer, team doctor and team manager is crucial. Sports injury care = sports injury prevention = sports performance.

Reporter's Note: If some translation would be helpful, I will offer one brief experience of Active Release Technique. I took six months to a year of right elbow inflammation – I can throw a curve ball – with wrist numbness into Dr. Horwitz' office. Rest and activity avoidance had not soothed the inflammation.

Dr. Horwitz pressed a spot in my shoulder area. "Does this hurt?" No. "How about this?" No. "This?" The arm lit up, like he had touched a nerve. Eureka! He spent about 10 minutes working on the entire nerve and inflamed muscle pathway, from the shoulder to the fingers. Inflamed it was. The numbness disappeared and within days so did the inflammation, aided by one stretching exercise.

Now, years later, I will deny myself the fun of throwing curve balls, but I can perform my day job without the numbness.

(Dr. Horwitz works with some of the best athletes in the world yet, as a local practitioner, he is also available to scholastic competitors and amateur enthusiasts. His practice is in Silver Spring, Maryland.)

The Nationals have an exciting team this season. They may have the best pitching staff in baseball. Yes, they need Michael Morse back in the lineup. But they may need to update or re-examine the tools they invest in to better support the health of their athletes, minimize the frequency of injury, and ensure that optimal care is always available.

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Now Playing at Arena Stage....

Long Day's Journey Into Night

By Sheila Wickouski

Eugene O'Neill can be credited with having written the ultimate play about the dysfunctional family. The Tyrones in *Long Day's Journey into Night* share the qualities that can attract us to stage families: celebrity, financial success, illness, addiction and loss.

Peter Michael Goetz plays the role of James Tyrone Sr., who rose from humble beginnings to achieve great success as an actor. Helen Carey is Mary Tyrone, the drug-addicted wife and mother.

Andy Bean as the elder son James Tyrone Jr. is a popular man, an actor, an alcoholic and a womanizer. Nathan Darrow plays the younger son Edmund, a seaman who has been diagnosed with TB, like Mary's father. Helen Hedman is Cathleen, the maid.

One particular evening, which might as well be an eternity, the family demons appear. With whiskey for the men and a new dosage of morphine for Mary, the layers that tie these four souls together peel away.

Unlike some confessional memoirs, "*Long Day's Journey Into Night*" doesn't just tell what it was like to be in this family. It puts you right there in their living quarters, up close. You can feel them breathing. Each voice screams out the pains of their shared past, sometimes shouting in anger, sometimes musing in poetry.

As the evening wears on and turns to dawn, regret and blame melds into affection and consolation.

"Journey" offers O'Neill's unique brand of optimism, that his characters may be suffering



Helen Carey as Mary Tyrone and Nathan Darrow as Edmund Tyrone in Arena Stage at the Mead Center for American Theater's production of *Long Day's Journey into Night*. Photo by Scott Suchman.

but they will live to see another day. It is a mighty work of human courage that shows the weak places of the human heart that can hold both great sorrow and enduring love.

Unlike characters in ancient Greek tragedies, the Tyrones are neither gods nor kings, but real people.

There will be no bloodshed or outright murder tonight on stage. For the Tyrones, the cutting is with words, the process of dying lasts a lifetime.

Long Day's Journey into Night runs to May 6 in the Kreeger Theatre

Music Man

Meredith Wilson's *The Music Man* was a hit from the moment it opened on Broadway in 1957. The classic American musical, set in the heartland of America a hundred years ago, scooped five Tony awards that season. Directed by Molly Smith, with an outstanding cast, Arena's production beams with enthusiasm and energy.

The show boasts one of the greatest con man characters of all time. Harold Hill poses as a boys' band organizer/leader to sell band instruments and uniforms to naive townsfolk in River City, Iowa. Marian, the prim librarian and piano teacher, sees through him but also sees the good he has done for her brother's confidence.

Of course, she falls in love with him, and by the time 76 Trombones sounds, so had all of America. *The Music Man* is at the Fichandler Stage, from

Music Man Special Event

WHAT: Trombone-Playing Guinness World Record Attempt. Arena Stage together with FAME (The Foundation for the Advancement of Music & Education, Inc.) attempts to bring together more than 500 trombone players to set a new record for the largest all-trombone ensemble

WHEN: June 1, prior to a Nationals game against the Atlanta Braves.

WHERE: Nationals Stadium

May 11-July 22. Tickets range from \$46-91 and may be purchased online at www.arenastage.org by phone at 202-488-3300 or at the Sales Office at 1101 Sixth St., SW, D.C.

Voices of Now Festival

Voices of Now, a Community Engagement program designed by Arena Stage will present a four-day festival featuring performances by 11 youth ensembles. The festival will bring together more than 150 young artists, ages 11-23, from D.C., Maryland and Virginia who have been working with professional theater artists from Arena Stage for eight months to devise original one-act plays.

WHERE: The Arlene and Robert Kogod Cradle

WHEN: All performances are at 7:30

Wednesday, May 9: Jefferson Ensemble, Mentor Ensemble and Wendt Center Ensemble

Thursday, May 10: Burke Ensemble, Metro TeenAIDS Ensemble and Whitman Ensemble

Friday, May 11: Mentor Ensemble, Key Ensemble and Robinson Ensemble

Saturday, May 12: Mead Ensemble, Youth Empowerment Ensemble (Child and Family Services Agency) and Rachel Carson Ensemble

COST: Tickets for the Voices of Now Festival are free, though reservations are required through the Arena Stage Sales Office at (202) 488-3300.

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